

Worksheet: Cause-Effect Practice

Topic: The Effects of Dependence on Phones and Other Electronic Devices

Read the causes and match them with the correct effects. Then, for each effect, choose the best solutions that could help manage dependency.

Part A: Match Cause → Effect

Causes:

1. Constantly checking social media and notifications
2. Using phones late at night before sleeping
3. Replacing face-to-face conversations with texting
4. Spending many hours on devices instead of exercising or being outdoors

Effects (Match with the correct cause):

- a) Experts say that blue light from screens reduces melatonin, leading to poor sleep quality and daytime fatigue.
- b) Psychologists report higher levels of anxiety and stress because people compare themselves to others online.
- c) According to teachers, young people show weaker social skills and feel lonelier without direct interaction.
- d) Doctors note higher risks of obesity, back pain, and eye strain from long screen time with little physical activity.

Part B: Match Each Effect → Possible Solutions

Effect 1 Anxiety and stress from social media use. _____

Effect 2 Poor sleep quality from late-night phone use. _____

Effect 3 Weaker social skills and loneliness. _____

Effect 4 Obesity, back pain, and eye strain. _____

Possible Solutions:

A) Take short “social media detox” breaks during the week.	B) Limit notifications to reduce constant distractions.	C) Practice mindfulness or relaxation techniques to manage stress.
D) Set a “digital curfew” one hour before bedtime.	E) Use blue light filters on devices in the evening.	F) Replace phone use with reading a book or listening to calming music.
G) Schedule regular in-person meetings with friends or family.	H) Join clubs, sports, or community groups to practice face-to-face interaction.	I) Create “phone-free” zones during meals or gatherings
J) Follow the 20-20-20 rule: every 20 minutes, look at something 20 ft. away for 20 sec	K) Balance screen use with daily physical activity such as walking or exercising.	L) Keep good posture and adjust device height when using electronics.